

Survivor Outreach Services

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Maine National Guard

Save the Dates:

3 April 2011
25 June 2011
21 August 2011



Survivor Outreach Services Coordinators

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Happy New Year! 2011

Another year has come and gone. We hope everyone had a good holiday.

It looks like mother nature is going to make up for the beautiful summer we had last year with giving us Blizzards and Nor' Easters already in 2011.

We are already marking our calendars with events for the coming year and want to share them with you.

3 April 2011, we will be having our third Survivor Family Luncheon in Augusta at the Buker Community Center. We would love to see you there, more information to follow.

Survivor Stories – are you interested in sharing your story at the April Luncheon? Would you be willing to talk about your loved one and share what you have done to help keep their memory alive but still move forward? We are in hopes that your story can help another surviving family and together, Remember the Love, Celebrate the Life, and Share the Journey. If you are interested email or call us.

25 June 2011 is Run for Cash the 5k in Old Orchard Beach that raises money for local scholarships in memory of CPT Christopher Cash.

21 August 2011 is the Run for the Fallen

2 October 2011 is the Maine Marathon Tribute March in Portland

If you are hosting or sponsoring an event in memory of your soldier let us know so that we can help spread the word.

NEVER FORGOTTEN, NEVER ALONE...



As we continue to grow, SOS would like to hear from our Families. SOS is constantly looking for positive Survivor feedback on how to develop the SOS program. Please share your ideas, concerns and questions so that we can address the needs of Maine Survivors. We look forward to hearing from you!

The SOS Staff

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KEEP UP TO DATE ON THE LATEST SOS NEWS AND INFORMATION!

If you have changed your mailing address or e-mail address, SOS needs your current contact information! Help us keep you informed! Help us reach out to you whenever you need. Together we will Remember the Love, Celebrate the Life, and Share the Journey!

UNIFORMED SERVICES IDENTIFICATION CARDS

A Uniformed Services Identification Card is the ticket to continued health care coverage and ensures easy access to military installations, including use of base exchanges and commissaries.

Key to Continuing Eligibility:

1. Keep all information updated with Defense Enrollment Eligibility Reporting System (DEERS) especially any changes in address.
3. A dependent is required to renew their ID card every four years until age 75 when they are eligible to obtain a permanent ID card.
4. Remarriage results in the forfeiture of the widow's ID card and associated benefits, to include health coverage.

Contact Information:

Notification to DEERS is required when your personal information changes, contact 1-800-538-9552, or

<http://www.tricare.mil/mybenefit/home/overview/Eligibility/DEERS>. You can locate your nearest ID card issuing facility at, www.dmdc.osd.mil/rsl/owa/home.



Benefit Ice Fishing Derby

On February 12, 2011 there will be a Benefit Ice Fishing Derby located at Great Pond Outdoor Activity Center, Great Pond (0600-1330 weigh-in). All proceeds of the derby tickets, raffles and concessions are going to support the *House in the Woods, Inc; A Military and Family Retreat*. To purchase tickets contact Angela McLaughlin at Bldg. 491 ext. 7365, Adam Morrow at 659-1486 or Chuck Cole at 356-7937.

HOUSE IN THE WOODS

How would you like a day of Ice Fishing and relaxing in the great outdoors? House in the Woods Military and Family Retreat, run by Paul House a Registered Maine Master Guide and Father of a Fallen Hero, SGT Joel House, is offering Free Ice Fishing day trips to all Veterans and their families as well as Survivors of the Fallen and their families. He provides the bait, traps, a place to warm up and yes even food to eat. The only requirement of you is a fishing license and your transportation to Lee, Maine. The scenery is beautiful and on occasion an Eagle can be spotted swooping down to pick fish off the ice.

Check out "House in the Woods" website at <http://houseinthewoods.org> and to make arrangements for your day of ice fishing contact Paul House at 207-738-4421 or cell: 207-570-4806 or you can contact him through email at me_guide@hotmail.com

Attention Teenagers

Are you interested in becoming a Junior Councilor at Bog Brook Youth Camp this summer? If so, you **MUST** attend this symposium. **Maine Military Teen Symposium 2011**, At the Beautiful Samoset Resort, Rockport, Maine 8-10 April 2011!!! Featuring Judson Laipply, Originator of The Evolution of Dance. Check him out on Youtube: <http://www.youtube.com/watch?v=xK7Ii0tb8Kw> . Call the Youth Program at (207) 430-5773 for event details

Personal Health & Wellness Readiness

CPR & First Aid Courses are available FREE on a first come first serve basis. This is a ONE day training event from 8:30am-4:30pm. What better way to be prepared to take care of your loved ones, or even a stranger in an emergency situation. Register at www.JointServicesSupport.org for the following course offerings:

February 19, Portland

March 19, Augusta

April 23, Bangor

May 14, Houlton



"Embracing and reassuring Survivors that they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire."

Never Forgotten...
Never Alone

Children's Book Receives Accolades

Klinger: A story of Honor and Hope, recently published by TAPS received a gold medal in the Spirit Category of the 2010 Moonbeam Children's Book Awards competition. It is an enchanting children's book that is fashioned more from fact than fiction. The fact that *Klinger* is based on a real life caisson horse makes this tale even more magical. *Klinger* will steal your heart with its undeniable charm. The book was written to help children age 12 and under, but resonates with young and old alike. If you are interested in purchasing a copy visit the online store at www.taps.org.

NEED HELP WITH FINANCIAL MATTERS?

The Military & Family Life Consultant (MFLC) Program includes Personal Financial Counseling to help you and your families manage your finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. They provide support and counseling services on confidential financial consultations for individuals and families, referrals to military and community resources; they help with credit management and budgeting, and help navigate state-related benefits. They can also provide training and workshops on basic money management, home buying, budgeting/developing and understanding mortgages, spending plans preventing foreclosure, debt and credit card management; kids and money: raising financially, consumer rights and obligations Savvy Kids (dealing with creditors); Military Benefits, Pay and Entitlements, Financial Planning in Savings and Investments, Reaching Life Goals; Retirement Planning in Financial Readiness and Economic Security; Estate Planning and Taxes.

For more information call 207-629-7702 or email maine.pfc@gmail.com. MFLC Personal Financial Counseling services are free, anonymous and confidential.

Vet Centers

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Vet Centers provide a personal and informal atmosphere and operate to assist eligible veterans and their families with free services. The services they offer are individual counseling, group counseling family counseling, bereavement counseling, employment counseling as well as many other types of counseling. They can assist you, the veteran, and your family whenever the need arises. Should you have questions, contact the nearest Vet Center at the following locations, closest to you.

Bangor Vet Center
In-town Plaza
352 Harlow Street
Bangor, ME 04401
207-947-3391

Caribou Vet Center
Irving Complex
456 York Street
Caribou, ME 04736
207-496-3900

Sanford Vet Center
628 Main Street
Springvale, ME 04083

Portland Vet Center
475 Stevens Ave
Portland, ME 04103
207-780-3584

Lewiston Vet Center
Parkway Complex
29 Westminster Street
Lewiston, ME 04240
207-783-0068

Coming Soon: TRICARE Young Adult Program for Children

The signing of the National Defense Authorization Act (NDAA) of fiscal year 2011 into law enables TRICARE to extend coverage to eligible adult children up to age 26. A premium-based TRICARE Young Adult program is expected to be in place later this spring.

The Patient Protection and Affordable Care Act of 2010 required civilian health plans to offer coverage to adult children until age 26. TRICARE previously met or exceeded key tenets of national health reform, including restrictions on annual limits, lifetime maximums, “high user” cancellations, or denial of coverage for pre-existing conditions – but did not include this expanded coverage for adult children. Dependent eligibility for TRICARE previously ended at age 21 or age 23 for full-time college students.

The fiscal year 2011 NDAA now gives the Department of Defense the authority to offer similar benefits to young adults under TRICARE. The law was signed by the President on Jan. 7, 2011 but full details of the TRICARE Young Adult (TYA) program will not be in place until later this spring, according to TRICARE officials.

“We’ve been working hard to make sure we could put TRICARE Young Adult on a fast track,” said TRICARE Deputy Director Rear. Adm. Christine Hunter. “Fortunately for our beneficiaries concerned about health care coverage for their adult children, the law signed by the President includes opportunities for military families to elect this new premium-based plan retroactive to Jan. 1.”

Beginning later this spring, qualified, unmarried dependents up to age 26 will be able to purchase TRICARE coverage on a month-to-month basis – as long as they are not eligible for their own employer-sponsored health coverage.

Premium costs are not yet finalized, but the NDAA specifies that rates must cover the full cost of the program. “This program has the potential to extend TRICARE coverage to several hundred thousand additional beneficiaries,” said Hunter. “The premium allows us to provide this excellent benefit to our military families while responsibly addressing the impact of health care costs on the DoD budget.”

Initially, the benefit offered will be a premium-based TRICARE Standard benefit. Eligible family members who receive health care between now and the date the program is fully implemented may want to purchase TYA retroactively and should save their receipts. **Premiums will have to be paid back to Jan. 1, 2011 in order to obtain reimbursement.**

As details are being finalized to offer the TRICARE Young Adult Standard option, the TRICARE Management Activity will also begin work on the required policy and contract changes to offer a TRICARE Prime option later in 2011. While it is too soon to provide specifics, eligible family members using the TRICARE Young Adult Standard program may be able to change to TRICARE Prime later in the year if it meets their needs more fully. **The TRICARE Young Adult Prime option will also carry a separate premium.**

Stay up to date about the TRICARE Young Adult program by signing up for e-mail benefit and news updates from TRICARE. To subscribe, TRICARE beneficiaries can visit www.tricare.mil/subscriptions and look for “TRICARE Young Adult” under benefit changes.

Adults who are no longer eligible for TRICARE, but need health insurance coverage, may wish to explore the Continued Health Care Benefit Program (CHCBP). CHCBP is a premium-based program that offers temporary transitional health coverage for 18-36 months. Coverage must be purchased within 60 days of loss of TRICARE eligibility. For more on CHCBP, go to www.tricare.mil/CHCBP.



SURVIVOR OUTREACH SERVICES
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BLDG #7
CAMP KEYES
AUGUSTA, ME 04333-0033

We're on the Web!

See us at:

<http://www.me.ngb.army.mil/family/>

Join our Page on
Facebook Page at
Maine Survivor Outreach

Maine National Guard

Bldg #7
Camp Keyes
Augusta, ME 04333-0033

Phone

(207) 430-5930- Augusta
(207) 430-5959- Waterville

*Never Forgotten...
Never Alone*

Phone Numbers

DFAS 1-800-321-1080

Tri-Care Support Specialist 207-626-4424

ID Cards 207-626-4387

Martins Point Specialist 1-800-431-0777 x4458

Web Sites

www.dfas.mil

www.taps.org

www.va.gov

www.tricare.osd.mil

www.martinspoint.org